

I'm Alvean Lyons,  
and I'm Doug Weiss, and this is Love Life

Alvean  
How are you? My dear?

Doug  
I'm blushing even as I say this, our topic this week, it's a little bit provocative. It's called, is that all there is? And it was suggested by a listener.  
who said, sometimes in the throes of physical passion, when it's all said and done, you kind of stop and say is that all?

We all have this romantic notion that the fireworks go off. And, and it's all just amazing sometimes. And yes, when it's good, it's really good. But sometimes it's not, sometimes you're kind of Jonesing for a particular food, a meal that you really are looking forward to and you get it and it's doesn't live up to your memory. That might be a nicer way to say that sometimes people, even though they care about each other, just don't connect physically in a way that that they're hoping to. And that can be a difficult thing to try to address. So I'm turning to the expert on this and other subjects and in to say, Alvean, when things don't live up to expectation, what should you do?

Alvean  
Well, I laughed, so funny, I was just having this conversation with Matthew yesterday, mind you, it was just after we made love, okay. So just to be a matter of fact about that. Because I do believe in that I talked about it during my marriage and relationship conferences, at conferences. It is having a rich and healthy, intimate life with your partner is very important, very important. Having open conversation to go with that is equally if not more important. And I was just saying, you know, what's so funny is how you can spend 20 years building relationship and ruin it in 15 minutes. Because of something that you did with someone else. We don't realize the magnitude of the decisions that we make, and not being willing to talk about what our needs are inside of a relationship and causing us to go elsewhere. What that can do to a relationship, just just thinking about the power of intimacy, or even sexuality, physicality, what that means when it's good, and when it's bad. So we were just exploring a conversation around why it's so important to spend time talking about discussing, pursuing being intentional about the love inside of your relationship. And physically speaking at that. And one of the things that it requires. And Douglas, you actually said this, when we were talking one day about how we do what we do in terms of our recordings is that it's important to check your ego at the door, and you're going to have a rich and healthy physical life, you can't do that ego first,

Many of us allow for who we want to be seen as, as a partner, who we want to be seen as in terms of our physical prowess. We let that get ahead of the pleasure and the joy of being able to experience complete physical vulnerability with someone and that vulnerability, that space right there is one of the most powerful spaces you can have, as long as you nurture that inside of the relationship. Being able to tell your partner what you want, what you need, what you love, what feels good to you, what you want more of what you like to do less of being able to be honest about those things without offending your partner, without them feeling bruised, by your honesty requires that our egos can't come in front of the importance, the power the value of our intimacy. So I one of the first things I would say is that in when you find that it's not at the level that it used to be, or what you thought it could be, the first thing that you have to be mindful of, is how I create a space for my partner and I to talk about something that very often the ego will try to creep into that space, how do I make it safe for him, for me, to be able to tell them what it is that I need, what I want, what I enjoy, and I will always say, begin with a compliment. The nature of humans is to be open to compliment. So talk about what you love with them, talk about the feelings that you've enjoyed with them, talk about the positions that you've loved, talk about those things first, because if you're with somebody who loves you, what they want to create for you, as more and more that they want to expand that space for you. They are interested in your pleasure before they're interested in their own. So when you start talking about the things that create that for you, you are opening the door of interest for your partner, because everyone wants to be the winner. They want to be the hero even in bed. So I would always say start first with the compliment and talk about inside that compliment the things that you may want to talk about that in that kind of way.

Doug

Great advice. And I think that's resonating with me on a number of levels. One is, of course, that being able to be open and frank with the person that you're with, is really critical. And probably one of the most difficult things for some reason. Most of us have a great deal of difficulty asking, telling the person what we want, what we enjoy, what's exciting. This is our show, it's is not a how to or DIY show.

I think that what we're talking about here is the connection of physicality. That's least well understood but the most powerful organ that you possess is your head. It's your mind, the imagination, the anticipation and the connection mentally and emotionally that has everything to do with how you feel physically. And if it's just physical, when people talk about hooking up and being with each other, there's nothing else going on. It's just the physicality. When I think of somebody saying is that all there is because there wasn't anything more going into it, it's a little bit like trying to make soup with just water. I'm sorry, it doesn't matter what you do, it's still just going to be water. If you want soup, you've got to put in some ingredients. And you've got to give it some time. And you've got to let it kind of come together and blend and turn into something else. So you have to make an investment and that is understanding what it is that your partner enjoys, what it is that you enjoy, both of you being able to summon up the courage to say that to each other and not feel uncomfortable about it. And let's be honest here, things are not off limits. I want to say here that I'm not putting a moral structure here around how people will enjoy each other. If both of you are comfortable.

Alvean

Yes, if both of you are comfortable

Doug

exploring how you want to be with one another, go do it. You know, human beings are complex creatures. And what excites us are different. Sometimes being very conventional, is fine, I am not suggesting that you need to have all this variety in order to be excited about the person that you're with. But don't stop short because you think that there's a judgment involved. If there is, if your relationship is so thin that it can't withstand sharing that kind of information with each other, then you've got bigger problems to contend with. So for me, I think first it's starting from honesty and candor with each other and second, it's not ruling things or in or out, but most of all being really invested in the other person's pleasure, in their excitement. I have to say for myself, that the best lovemaking is lovemaking when I am getting feedback. It doesn't have to be words, but I can sense that my partner is pleased. That's a gigantic turn on. Maybe this isn't for everybody. But I know that's true for me. And, you know, having over the years spoken with people on this topic before, I think I'm not alone in that experience. So while we're not here to tell you how to, we are here to tell you that it doesn't have to be, it can be more far more than that if you're willing to take some steps. The third thing that you said that resonated so strongly with me was to be vulnerable.

Alvean

Absolutely, absolutely. Because intimacy is not possible without vulnerability. And vulnerability is not possible without trust. And we have to create environments where those things can all coexist. And the thing is that if you're with someone who really cares, as I referenced before, someone who loves you, their pleasure is in your pleasure. If you have a selfish lover, quite honestly, the problem is not horizontal, the problem is also vertical. And what I mean by that is, very rarely will you have someone who as you go through the relationship vertically standing up doing life every single day in every single way. You rarely will have somebody who is vertically generous who is going to be horizontally selfish. More often than not, if you are dealing with someone who is horizontally selfish, as in when we lay together you are selfish, they are normally also vertically selfish. So you have to be looking at what we're doing in the way that we interact with each other long before we get to the bed. Foreplay is not just about moments before the actual action, Foreplay is how I flirted with you all day long. Did I think about you today, did you know that I was thinking about you? Look from across the room, the gentle brush of the shoulder, the coming to walk up behind you while you're cooking, the smell of your hair when you're on the phone, and I just walked past... you know I was there. All of those things are preparatory, creating atmosphere, setting the temperature for what will happen later. And if you are at zero degrees all day long and expect to be at 300 degrees at night you are going to be disappointed.

I will simply say that we have the opportunity to have so much more, but the so much more is not going to be in what it is we create horizontally, the so much more is often in what we create vertically, that's when we reap the benefits of horizontally.

Doug

Yeah, I remember early in my life being with someone and every time we were physical when was all said and done, I had this tremendous sense of sadness. It really was almost depressing and I kept thinking gosh what's what's wrong and realized---this betrays how truly emotionally immature I was at the time-- it finally dawned on me that there wasn't anything more to our relationship than the physical and that's what I was feeling so sad about. The mind is a wonderful thing but it plays interesting games with us and I guess that was there in my subconscious but I didn't want to recognize it. Finally it just kept kind of knocking on the door in my mind and when I opened the door guess what there was the Truth.

If you're in one of those places in your life, in your romantic relationship, we hope that you might take something away from this conversation that will add some spark back. That's another episode of love life. We've had a little fun this time with you our audience and with our team, Kamaria our producer and Todd our recording engineer and we'll be back next week with another interesting topic. If you'd like to write to us please do so [alvean@lovelife.digital](mailto:alvean@lovelife.digital) or [doug@lovelife.digital](mailto:doug@lovelife.digital)

And you know there's nothing off limits in love or life

Alvean  
well said.

Bye folks. We'll see you next week.